

**KING Television
Seattle
April 1, 2007 through June 30, 2007**

**Quarterly Programming Providing the
Most Significant Treatment of Community
Issues**

1. EDUCATION

2. TRANSPORTATION

3. SENIOR CITIZENS

4. DIVERSITY/MULTI-CULTURISM

5. HEALTH

KING 5 News at 5:00PM, 4/02/07, 1:25

A University of California study found that three out of four infants who didn't respond to their names by age one were diagnosed with autism by age two. In another study researchers at Vanderbilt report the younger siblings of children with autism scored slightly lower on developmental tests.

KING 5 News at 5:00PM, 4/03/07, 1:27

Hormone replacement therapy has been found to be less risky for younger women. However estrogen plus progestin is worse for your

heart health than estrogen only. For stroke, it didn't matter. Both estrogen plus progestin and estrogen only increase the risk of stroke.

KING 5 News at 5:00PM, 4/04/07, 1:21

A new British study says women who eat even small amounts of red meat every day are more likely to get breast cancer. Post menopausal women are at an even greater risk.

KING 5 News at 5:00PM, 4/06/07, 1:18

The body map gives a complete picture of flexibility along the upper body, lower back, hip, knee and ankle. This is important to develop a plan tailored to your needs whether you're new to working out or coming back from an injury.

KING 5 Morning News, 4/07/07, 1:36

There's a new option for children who need brain surgery and it doesn't involve any cutting at all. Gamma knife surgery is now available for children. While the patient lies still, 201 beams of gamma radiation connect on a target they destroy the problem area without damaging surrounding healthy tissue.

KING 5 News at 5:00PM, 4/08/07, 1:39

Injuries to the brain can leave people paralyzed or brain damaged. Injured brains may be helped by injecting tiny strings of amino acid to re-grow nerve cells. Injuries the joints can leave people with a lifetime of pain. Instead of metal and plastic one doctor is experimenting with implanting living cells.

KING 5 News at 5:00PM, 4/09/07, 1:29

People who develop the wet form of macular generation may get rid of their symptoms with the breakthrough drug lucentis.

KING 5 News at 5:00PM, 4/10/07, 1:49

According to a study of the Journal of the American Medical Association newly-diagnosed type one diabetes patients may be able to benefit from a stem cell transplant.

KING 5 News at 5:00Pm, 4/11/07, 1:20

A new type of C-T scanner has been created that provides a three-d image of the breast. Traditional mammograms provide only a two-d

image and can be painful - compressing the breast and distorting the image.

KING 5 News at 5:00PM 4/11/07, 2:00

A non profit organization called Next Steps is providing patients with spinal cord injuries get the therapy they need.

KING 5 News at Noon, 4/12/07, 1:07

The Washington State governing body for pharmacists has ruled that individual druggists to not the right to refuse to dispense the emergency contraception drug called Plan B.

KING 5 News at 5:00PM, 4/12/07, 1:55

If you or a family member goes gray before the age of 30 it may be a sign of early thyroid disease.

KING 5 News at 6:30PM, 4/12/07, 1:54

The Conscious Fathering Program is provided at hospitals throughout the Puget Sound area to teach men everything from how to change a diaper to ways to diffuse frustration with the infant to avoid child abuse.

Morning KING 5 News, 4/14/07, 2:06

To prevent teenage sports injuries make sure the athletes stretch out before and after practice and do muscle strengthening exercises.

KING 5 News at 5:00PM, 4/14/07, 1:38

The caregivers of Alzheimer's patients often suffer from depression. So: take care of yourself exercise. Join a support group. When dealing with your loved one establish a routine. Use distraction when your loved one becomes agitated, and don't expect them to get better.

KING 5 News at 5:00PM, 4/15/07, 1:40

Most heart transplant patients have to go in for a biopsy to make sure their immune system isn't attacking their heart. A simple blood test can now analyze a patient's genes to see if there's any damage to the heart. If a patient's test is negative, they have less than a one-percent chance of rejection. If they test positive, doctors can adjust their anti-rejection meds.

KING 5 News at 5:00PM, 4/16/07, 1:31

Children with poor sleeping patterns or have developed sleep apnea may be at higher risk for type-2 diabetes.

KING 5 News at 5:00PM, 4/17/07, 1:42

Parents worried about their children taking antidepressants can relax a bit. A new government study in the Journal of American Medical Association finds that the risk of suicide is much lower than previously thought.

KING 5 News at 5:00PM, 4/18/07, 1:33

There's no cure for chronic lymphocytic leukemia, or C-L-L, but now patients have new hope thanks to the drug Flavopiridol that was abandoned in the eighties.

KING 5 News at 5:00PM, 4/19/07, 1:03

Botox is now used to get rid of neck wrinkles.

KING 5 News at 5:00PM, 4/20/07, 1:10

A-C-L surgery takes a long time to recover from. Now researchers are experimenting on animals to see if injecting a collagen gel to the affected area will heal the tear without surgery. So far the procedure has been successful but it will be years before it will be available for humans.

KING 5 Morning News, 4/21/07, 2:06

Postpartum depression can have a detrimental effect on infants so it is very important to seek treatment early.

KING 5 News at 5:00PM, 4/21/07, 1:45

Prescription medicines are now available in an easy to chew form. And talking pill bottles can allow the sight impaired to take their medications safely.

KING 5 News at 5:00PM, 4/22/07, 1:34

A study is being conducted to see if giving trauma patients a blood transfusion with high doses of salt can restore their blood pressure. Early results show the hypertonic saline also improves blood flow to

the brain, reduce brain swelling and can decrease the risk of infection.

KING 5 News at 5:00PM, 4/23/07, 1:29

A new use for botox the anti-wrinkle injections is now being tested as a possible treatment for lower back pain. Early results show promise.

KING 5 News at 5:00PM, 4/24/07, 1:22

A growing body of research suggests eating foods cooked at high temperatures may be a risk factor for disease. For example, a diet high in grilled meat has long been suspected as a risk factor for colon cancer.

KING 5 News at 5:00PM, 4/25/07, 1:32

Adults treated for cancer during childhood have an increased risk of heart problems, vision loss and cataracts, trouble hearing and osteoporosis.

KING 5 News at 5:00PM, 4/26/07, 1:57

Young girls can develop endometriosis even before they begin their period. Endometriosis is when the tissue that lines the uterine walls grows outside the uterus. It can cause serious pain and infertility,

Morning KING 5 News at 5:00PM, 4/28/07, 2:11

There is a program that has been created for children who have siblings with special needs. It's called Sibshops and it's a change for time that is all their own and a place to meet others who can relate.

KING 5 News at 5:00PM, 4/28/07, 1:38

A new diagnostic test called the M-E-G measures electrical currents from the brain in real time. A computer uses that information to create a detailed, 3-D image of the brain. It pinpoints areas that control speech and movement so doctors can avoid them while operating on the brain.

KING 5 News at 5:00PM, 4/30/07, 1:40

A new technology has created a fast freeze process called vitrification to preserve a female's eggs for future use.

KING 5 News at 5:00PM, 5/01/07, 2:42

The latest breast augmentation craze removes fat from the thighs and puts in on your chest. Leading surgeon's say that fat injections can make breast cancer screening difficult.

DR. DUCKWORTH WANTS PARENTS TO GET INVOLVED AND ASK STUDENTS QUESTIONS ABOUT THEIR SLEEP, MOOD AND ENERGY LEVELS.

SOMETIMES IT TAKES AWHILE TO RECOGNIZE A TRUE DEPRESSION.

KING 5 News at 5:00PM, 5/02/07, 1:32

Prostate cancer will strike one in six American men. The jury is still out on how to prevent the disease, but Fred Hutchinson Researchers say men who are not obese substantially reduce their chances of dying from the disease.

KING 5 News at 5:00PM, 5/03/07, 1:41

Many college students suffer from depression especially during their first year. Parents should get involved and ask their kids questions about their sleep, mood and energy levels. Sometimes it takes awhile to recognize a true depression.

KING 5 News at 5:00PM, 5/04/07, 1:21

Some people are now having plastic surgery performed on their feet. But some doctors warn that it's a dangerous trend. Risks include infection, scarring and foot deformation.

KONG & KING News at 10PM & 11PM, 5/04/07 1:42

Senior citizens can now live alone by having a monitoring service installed in their home. The cameras and tracking devices or sensors monitor a person's activities. And a other sensors can monitor blood pressure or blood sugar levels and alert someone when something is wrong.

Morning KING 5 News, 5/05/07, 2:12

Kids who have juvenile arthritis must take medicines that have some long term side effects such as liver damage and reproductive problems. A physician from Children's Hospital is conducting a national study to determine if newly diagnosed children given the same combination of drugs but at a larger dose will squelch the disease entirely.

KING 5 News at 5:00PM, 5/05/07, 1:41

Kids with severe neurological disorders often have vision problems. Usually glasses and contacts are not an option. These children are

helped by lasek, lens implants and lens implants and lens exchange surgeries where the lens is replaced with an artificial one.

KING 5 News at 5:00PM, 5/06/07, 1:42

Healing touch therapy is like acupuncture without the needles. A recent study found this method can reduce a patient's pain by more than half. It also relieved anxiety and nausea.

KING 5 News at 5:00PM, 5/07/07, 1:31

Cleaning products that claim to be ecologically friendly may not be. It turns out those new "eco terms" you are seeing more of aren't regulated or defined by the Government. And cleaning manufacturers aren't required to list their ingredients on the label.

KING 5 News at 5:00PM, 5/08/07, 1:51

Many women seeking fertility treatment are not choosing alternative medicine. Acupuncture relieves stress. The goal is to bring the body back into balance which some find leads to pregnancy.

KING 5 News at 5:00PM, 5/09/07, 1:21

Research is being done to see if a drug used for cancer can also ward off type one diabetes.

KING 5 News at 5:00PM, 5/10/07, 3:14

Antidepressant drugs along with therapy session significantly improve a compulsive hoarders tendency to make decisions.

KING 5 News at 5:00PM, 5/10/07, 1:16

Tests show that hard plastic baby bottles, when heated, leach a chemical called BPA. Concerned parents are now reverting to glass baby bottles which are now in high demand.

KING 5 News at 5:00PM, 5/11/07, 1:24

About 80 percent of women have non-cancerous growths in the uterus called uterine fibroids. One in four of those women will have symptoms severe enough to seek medical intervention, including surgery. By taking RU-486, the abortion drug, blocks progesterone the hormone fibroids need to survive.

KING 5 News at 5:00PM, 5/12/07, 1:39

Some people dislike their feature, they see themselves as grotesque and disfigured. About 2 percent of the population suffers from BDD which is body dysmorphic disorder. Antidepressants and cognitive behavioral therapy, where patients face their biggest fears seems to help.

KING 5 News at 5:00PM, 5/13/07, 1:24

Parcour is a new workout craze where runners vault, climb, jump and wind their way along any landscape.

KING 5 News at 5:00PM, 5/14/07, 3:18

An experimental treatment for children with brain injuries such as cerebral palsy is showing some success. The patient is placed in a hyperbaric chamber and breaths 100 percent oxygen for an hour a day, forty days in a row.

KING 5 News at 5:00PM, 5/15/07, 1:31

The contagious and potentially deadly staph infection that attacks the skin, mrsa is now spreading among athletes.

KING 5 News at 5:00PM, 5/16/07, 1:44

A growing number of people are turning to mother's milk as a cancer treatment.

KING 5 News at 5:00PM, 5/17/07, 1:16

Studies show that probiotics, the good bacteria, help with digestion. Now a serum for the skin has been developed but the benefits of its use on the face has not been well established.

KING 5 News at 10 & 11PM, 5/17/07, 2:29

Valley fever is a fungal infection that is in the soil in Southwest states. When you inhale it that's when you get the infection. Some who are affected battle this painful condition for 6 months to 3 years always fearing a relapse.

KING 5 News at 5:00PM, 5/18/07, 1:56

Drug dealers are targeting children with candies filled with drugs or marijuana. The idea is to get someone hooked because teenage drug use is declining. The first warning sign is a complete change in

attitude and behavior. Also, look out for mood swings, red or glassy eyes and changes in sleeping patterns.

Morning KING 5 News, 5/19/07, 5/19/07

Shower doors can pose a hazard for children. The glass door has to be tempered to make it stronger, reducing the risk of breakage. But it's impossible to temper the edge of the glass and if that edge gets cracked or even scratched, the entire door can shatter. The remedy for this is to install special safety film over the glass to keep the door from breaking.

KING 5 News at 5PM, 5/19/07, 1:36

Women going through menopause may experience a change in their cholesterol level. When the estrogen level goes down the cholesterol, particularly the bad cholesterol, LDL, goes up.

KING 5 News at 5:00PM, 5/21/07, 1:12

Diabetics taking the popular drug avandia may be at risk for a heart attack.

Morning KING 5 News, 5/22/07, 1:45

The most common treatment for sleep apnea is a device called c-pap which helps regulate breathing. A less cumbersome solution is called the triangular shaped sonapillow.

KING 5 News at 6:30PM, 5/23/07, 1:10

Recent studies have uncovered evidence that exercise helps rejuvenate aging muscles. Participants performed mostly resistance exercises and light weight training twice a week. After six months those whose average age was 70 had reversed their muscle tissue back to levels similar to those of younger adults, average age 26.

KING 5 News at 10 & 11PM, 5/23/07, 2:00

A clinical trial of a drug used for anti-depression called flibanserin is now being used to increase a woman's sex drive.

KING 5 News at 5:00PM, 5/24/07, 1:32

Spinal fractures aren't always due to osteoporosis, they can also occur when cancer spreads to the spine. Until now, there was no good solution for relieving the pain. A new procedure removes the tumor

and heals the fracture. First, utilizing an image guidance system, doctors use a special probe to destroy the tumor. Then they fill the part of the spine that's fractured with cement. All of the first 40 patients who've had the procedure report dramatic pain relief.

KING 5 News at 5:00PM 5/25/07, 1:10

Research suggests the diabetes drug avandia may trigger heart problems.

KING 5 News at 5:00PM, 5/26/07, 1:14

There are many tools now on the market to increase a couple's chance of having a baby. These products however can't diagnose or overcome many of the problems associated with infertility. A third of the time is the wife, a third of the time it's the husband and a third of the time doctors just don't know.

KING 5 News at 5:00PM, 5/27/07, 1:21

You can lose weight without counting calories, it's all a matter of portion control.

KING 5 News at 5:00PM, 5/28/07, 1:31

Scientists still don't know what causes Alzheimer's. One believes Alzheimer's is actually a form of diabetes, another has linked the condition to the herpes virus.

KING 5 Morning News, 5/29/07, 1:41

To save money on vitamins, you might try checking out the internet, or switch to a multi-vitamin that covers several of them and consider buying in bulk.

KING 5 News at 5:00PM, 5/30/07, 1:35

The Fred Hutchinson Cancer Research Center is studying the possibility that yoga may prevent a breast cancer survivor from recurrences.

KING 5 News at 5:00PM, 5/31/07, 1:40

Adults can develop allergies at any age. Sufferers should avoid using over the counter nasal sprays for relief. Prescription nasal sprays are better because they address the problem rather than just masking the symptoms.

KONG AM News, 6/01/07, 1:50

For patients who dread the pain of getting shots there is a new solution. A vein viewer projects a real-time map of your veins onto your skin. The caregiver can then see which veins are big or small and can determine where to place an IV or draw blood based on where the signal is.

KING 5 News at 5:00PM, 6/01/07, 1:20

People need to remember to use sun screen to prevent cancer. Look for products that have zinc or titanium and have U-V-A and U-V-B protection.

Morning KING 5 News, 6/03/07, 1:55

Fred Hutchinson Cancer Center is conducting a study on the effect of yoga on weight gain in breast cancer patients. Past research shows women who are overweight or obese or who gain weight after diagnosis may have poorer survival rates as well as an increased risk of reoccurrence.

KING 5 News at 5:00PM, 6/03/07, 1:45

Fred Hutchinson researchers will find out if reducing stress can strengthen the body's immune system and possibly prevent cancer.

KING 5 News at 5:00PM, 6/04/07, 1:44

Research is proving that sweating can be good for your health especially when it comes to preventing cancer.

KING 5 News at 5:00PM, 6/05/07, 1:25

Patients taking anti-depressants may not be able to tell if the medication is working for six to eight weeks. A new test may determine whether the prescription is working after only one week of treatment by measuring the electrical activity in the part of the brain that regulates mood.

KING 5 News at 5:00PM, 6/06/07, 1:12

A first of its kind fertility test, called Fertell, is giving both men and women answers about their fertility.

KING 5 News at 5:00PM, 6/07/07, 1:33

The Y-M-C-A has developed a program called P-H-D: physical, health and driven. It targets kids who don't play sports and kids at high risk of obesity.

KING 5 News at 5:00PM, 6/09/07, 1:37

Some people who wear hearing aids get frustrated with background noise. A new device has been developed called the directional hearing aid.

KING 5 News at 5:00PM, 6/10/07, 1:31

Until now it was difficult for new eye doctors to get a lot of hands-on experience. A new high-tech tool gives them all the practice they need without any risk to the patient, it's called virtual eye surgery.

KING 5 News at 5:00PM, 6/11/07, 1:30

Some promising new drugs are on the horizon for patients with Alzheimer's. Current drugs can only slow down the disease but three new therapies now being tested could some day reverse it.

KING 5 News at 5:00PM, 6/12/07, 1:25

Parkinson's patients are getting control over their tremors by exercising on tandem bicycles. Pedaling much faster than they would normally may patients' symptoms actually improve more than they do from drugs.

KING 5 News at 5:00PM, 6/13/07, 1:32

National cancer experts have reached a consensus on the early Warning signs of ovarian cancer. Watch for bloating, pelvic pain, difficulty eating or a frequent need to urinate.

KING 5 News at 5:00PM, 6/15/07, 1:40

Consumer Genetics has developed a test for expectant mothers based on DNA that can tell them the gender of their unborn child as soon as six weeks.

KING 5 News at 5:00PM, 6/16/07, 1:38

Huntington's is a genetic disease that is characterized by uncontrollable movements that worsen with time. Patients usually die within 25 years of diagnosis. What happens in Huntington's disease is a group of cells within the brain are pre-programmed to die, and

when they die, the disease starts to manifest. The drug, minocycline, a common antibiotic, prevents that programmed cell death. For Huntington's patients it could slow the disease.

KING 5 News at 5:00PM, 6/17/07, 1:34

There is new high-tech way to access the severity of juvenile rheumatoid arthritis in patients. A thermal camera measures the pattern of the skin's temperature. Patients with arthritis have higher temperatures, or "more red" around the joints. A second camera takes a three-D snapshot of just that part of the body to get a better look at the joint.

KING 5 News at Noon, 6/18/07, 1:12

Patients who insist on smoking at Everett's Providence Hospital will be discharged.

KING 5 News at 5:00PM, 6/18/07, 1:28

Staying physically fit may delay or even prevent age related memory loss.

KING 5 News at 5:00PM, 6/19/07, 1:34

If a person has a particular gene mutation called B-R-C-A, you are at a much higher risk for breast and ovarian cancer. Until now, doctors only tested women for this gene if they had a family history of breast cancer. But a new study says that since dads can pass this gene along to their kids, it's time to reconsider who gets tested

KING 5 News at 5:00PM, 6/20/07, 1:23

Women who have had hysterectomies can take estrogen without upping their risk for heart disease and in younger women it may even protect the heart.

KING 5 News at 5:00PM, 6/21/07, 1:35

People who have acid reflux disease can develop cancer of the esophagus. There is now a device that literally heats away the problem in about 15 minutes, with no incision doctors insert a tube down the patient's throat and inflate a balloon. Energy travels through it and burns away the top layer of the esophagus. Healthy tissue eventually grown back and the problem is alleviated.

KING 5 News at 5:00PM, 6/22/07, 1:23

Hand sanitizers have alcohol in them and can be dangerous if ingested by children.

Morning KING 5 News, 6/23/07, 2:05

It is very important for children to get swimming lessons to keep them safe. Seattle voters made sure they're available free to all third and fourth graders in the city limits. There are vouchers for children that need lessons and even free swim suits for kids who need them.

KING 5 News at 5:00PM, 6/23/07, 1:30

A lollipop designed to help seriously ill cancer patients is being abused by people who don't need it and can have deadly consequences.

KING 5 News at 5:00PM, 6/24/07, 1:23

There is a new computer program that can help you keep information on your families' medical history, then when you see the doctor that information is readily available.

KING 5 News at 5:00PM, 6/26/07, 1:52

A study in the Journal of the American Medical Association reports that about 15 thousand kids are diagnosed with type one diabetes, and about 37 hundred are diagnosed with type two.

KING 5 News at 5:00PM, 6/27/07,

Leukemia patients add arsenic trioxide to their cancer therapy have been found to live longer and free of leukemia longer than patients who did not receive the drug.

6. ENVIRONMENT/ANIMALS

KING 5 News at 5:00PM, 6/03/07, 1:44

Goats are being used to clean up weeds, brush and annoying blackberry bushes at King County Metro transit sites.

7. CRIME/DRUGS/DOMESTIC VIOLENCE

8. CHILDREN/YOUTH/FAMILIES

9. ECONOMY

10. ARTS

KING 5 TELEVISION
 Seattle, Washington
 Public File Quarterly Report
 Public Service Announcements
 April - June 2007

ARTS

Agency	Spot	Content
Seattle International Film Festival (!)	<ul style="list-style-type: none"> • Odd Couple 	Individuals speak about their true love, who happen to be a strange character from a movie, such as a corpse, a robot, or a crying drunk. Find true film.
Women in Film	<ul style="list-style-type: none"> • Making Of 	Young women are shown in the process of making a movie. If you have a dream, make it happen. Women in film – the power to create.

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SENIOR CITIZENS

Agency	Spot	Content
Alzheimer's Disease Research	<ul style="list-style-type: none"> I'm a Caregiver 	Every year 350,000 people are diagnosed with Alzheimer's Disease. Who will be their care giver? Usually a family member. Call for our free brochure on caring for those you care for the most.
American Diabetes Association	<ul style="list-style-type: none"> Granddaughter's Wedding 	An elderly woman speaks about her granddaughter's wedding. The woman exercised and eats healthy to stay strong so she can dance all night. Take steps throughout your life to prevent osteoporosis. Like staying active and eating three servings of dairy every day. It's never too early or too late to think about bone health.
American Macular Degeneration Foundation	<ul style="list-style-type: none"> Ed Asner 2 	Today Macular Degeneration impairs the sight of over 10 million Americans. By age 75, more then 25% will be affected. Maybe you'll notice immediately or it might go unnoticed for months. Don't lose sight of what matters.

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LOCAL ECONOMY/COMMUNITY

Agency	Spot	Content
National Association of Securities Dealers Foundation	<ul style="list-style-type: none"> Opinions 	A young couple receives conflicting advice from relatives on how to invest their savings. Our Web site has no confusing advice, no sales pitch, just unbiased tools to help you manage your money with confidence.
WSAB: Lake Chelan (!)	<ul style="list-style-type: none"> Fish Bowl 	Refreshing summer images of the lake, mountains, water slides, boats, golf and sun tanning. Fill your senses at Lake Chelan. Plan your getaway today.

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EDUCATION

Agency	Spot	Content
Scholarship America	<ul style="list-style-type: none"> NW Dollars 	A young woman on a school campus studies. Without a scholarship she wouldn't be able to achieve her goal of becoming the first in her family to attend college. Learn about the many ways you can help students pursue higher education by visiting scholarshipamerica.org .

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CRIME/ DRUGS/ GANG ACTIVITY

Agency	Spot	Content
Al-Anon	<ul style="list-style-type: none"> • What It's Like 	If someone's drinking troubles you, Al-Anon family groups can help.
Alcoholics Anonymous	<ul style="list-style-type: none"> • Testimonials 	Different people explain their problems with alcohol. They turn to alcohol for their own reasons: to cope or to overcome shyness. When you attend your first AA meeting, you realize you are not alone. You can find a solution and hope. When you're ready for help, look us up.
Girls & Boys Town National Hotline	<ul style="list-style-type: none"> • Choices Teen (+) 	Sometimes every day can feel overwhelming. Wouldn't it be great if you could just stop for a moment and take control of your life. Help is just a phone call away.
National Inhalant Prevention Coalition	<ul style="list-style-type: none"> • Inhalant Abuse 	A cop talks about his teenage son who died from inhalants. If you don't know the signs of inhalant use, you can't save your kids.
Partnership for Drug Free Washington (!)	<ul style="list-style-type: none"> • Teen Lingo 	A father practices "teen talk" in order to discuss drugs with his son.
Partnership for Drug Free Washington (!)	<ul style="list-style-type: none"> • Shrinking 	Steroids can damage your body. They can cause tendons to tear and bones to stop growing, damage kidneys, destroy the liver, even cause heart attacks and strokes. Not to mention, something else it can do to a guy's body (image of basketball shrinking).
Project Roadblock	<ul style="list-style-type: none"> • Soccer 	A group of people are playing soccer in the rain while drinking beer. One of the players falls down drunk and they laugh about it. It's easy to tell if you've had way too many, but what if you've had just one too many? Buzzed driving is drunk driving.

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ENVIRONMENT

Agency	Spot	Content
Defenders of Wildlife	<ul style="list-style-type: none"> Adelie Penguins 	Global warming has caused ice in the Antarctic to melt. Populations of Adelie penguins have been rapidly declining. There is still time to make a difference. Do something today for a healthier tomorrow.
Department of Energy	<ul style="list-style-type: none"> Hog Commandos 	If you want to save on your energy bill, get the energy hogs out of your home. Find out how at energyhog.org and have fun while your at it.
National Arbor Day Foundation	<ul style="list-style-type: none"> Nature Explore (*) 	An animated butterfly encourages a child who is indoors playing video games, to go outdoors to explore nature. Climb a tree, smell the flowers, it's always a better day when you go outdoors. Check out the nature explorer club at arborday.org .
US Environmental Protection Agency	<ul style="list-style-type: none"> Flower 	You can save gas and help the environment. Replace your car air filter regularly and make sure your tires are properly inflated, accelerate and brake slowly when possible. If we each adopt just one of these tips, we'd get more miles for our money and it would be easier to smell the flowers.
US Environmental Protection Agency	<ul style="list-style-type: none"> Surgeon General 	The Surgeon General issued a warning about cigarettes because they cause lung cancer. The Surgeon General issued a warning about radon because it also causes lung cancer. Radon is an invisible radio active gas that seeps inside your home from underground. Protect your family. Have your home tested.
West Sound Wildlife Shelter (!)	<ul style="list-style-type: none"> Saving Wild Lives 	Each year thousands of wild animals in Western Puget Sound are orphaned or injured. Many when they come into contact with people. Together we can save them.

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CHILDREN/ YOUTH/ FAMILIES

Agency	Spot	Content
Child Nutrition Foundation	<ul style="list-style-type: none"> Fuel for Success (+) 	Eating a good school breakfast and lunch can affect your grades and how well you do in sports. Getting started with a good breakfast and lunch helps you concentrate in class. Healthy meals are the fuel you need to help keep your mind and body running right.
National Association of Broadcasters	<ul style="list-style-type: none"> Boss of Bad Guys 	A housewife has a talk in her home with a group of gangsters from a TV show. She tells them their show is too violently graphic so she has to block them from her kids.
National Association of Broadcasters	<ul style="list-style-type: none"> Boss of Drugs 	A father has a talk with a drug addict character from a TV show. He says the drug use is too adult-content for the kids so he'll have to block the show.
Youth Reckless Driving	<ul style="list-style-type: none"> New & Improved (+) 	A group of teen girls are riding in a car. The driver is goofing around and driving recklessly. A spokesperson suddenly appears in the car and persuades the driver to slow down. In the real world, there is no spokesperson to prevent reckless driving. There's only you, so you need to speak up and tell you driver to pay attention.

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HEALTH		
Agency	Spot	Content
FAS Family Resource (!)	<ul style="list-style-type: none"> Gov. Gregoire 	Each year nearly 1000 babies are born in Washington with Fetal Alcohol Spectrum Disorder. The good news is this can be prevented. If you are an expectant mother, do not drink alcohol. The future of WA depends on our children and your baby's future depends on you.
Guide Dog Foundation for the Blind	<ul style="list-style-type: none"> Ed Harris 	Actor Ed Harris tells viewers how a guide dog offers a person with a visual disability the freedom to lead an active life. That's why the law permits guide dogs to go anywhere that's open to the public.
National Multiple Sclerosis Society	<ul style="list-style-type: none"> Dreams 	A young girl does gymnastics on a balance beam. A woman struggles to walk with the help of two railings. Nobody dreams of having MS. This is why we're here.
Sexual Assault Center of Pierce County (!)	<ul style="list-style-type: none"> Sexual Assault 	Sexual Assault – two words nobody want to use to describe their personal experience. Our center offers a crisis line, education, advocacy and therapy. We can help you get on with your future – you don't have to go through it alone.
Sister to Sister	<ul style="list-style-type: none"> Triglycerides 	Normal triglycerides are below 150. High triglycerides increase your risk of heart disease and if you're a woman that risk goes up even more. Remember to ask your doctor about the good, the bad, and the forgotten fat.
Susan G. Komen Breast Cancer Research (!)	<ul style="list-style-type: none"> Race for the Cure 	KING 5 Anchor Jean Enersen along with Matt Hasselbeck and his wife encourage viewers to support breast cancer research in hopes of finding a cure.
WA Dental Service Foundation (!)	<ul style="list-style-type: none"> Keep Kids Healthy #1 	Poor nutrition has lead to childhood obesity in our kids and other problems like dental disease. Nearly 60% of Washington's elementary school kids suffer from the preventable disease of tooth decay, which is the leading cause of missed school days. Support efforts to prevent dental disease and obesity. Keep kids healthy to keep them learning.

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Key: (+) = 16 and under,
 (*) = 12 and under
 (!) = local spot

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WA State Department of Health (!)	<ul style="list-style-type: none"> • Varicella 	Things are different today. Images of kids in the old days, riding bikes and skates without protective gear are shown. Today they wear helmets, knee pads and seat belts. Chicken Pox is a serious threat, it's very contagious. Talk to your child's doctor or clinic about the Chicken Pox vaccine and other immunizations that protect against childhood diseases.
WA State Orthopedic Assoc	<ul style="list-style-type: none"> • Osteophyte 	A man and woman appear to be in marriage counseling. The counselor asks them why they have trouble communicating. It turns out that the man is the woman's doctor and he is concerned about her shoulder that she had surgery on. Communication is the best medicine.

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MISCELLANEOUS

Agency	Spot	Content
Attorney General of WA (!)	<ul style="list-style-type: none"> ID Theft Internet 	Attorney General Rob McKenna reminds viewers ways to prevent identity theft from your computer. Don't share personal information unless you initiate contact. Install antivirus software and a firewall. Conduct regular security updates for your operating system.
Foundation for Better Life	<ul style="list-style-type: none"> Classroom 	Students in class are taking a test. One boy asks his friend to give him the answers. The friend passes him a sheet of paper which could have the answers written on it. The teacher catches them and confiscates the paper. She unfolds it and sees that it reads, "Let's not cheat." Honesty - pass it on.
Habitat for Humanity	<ul style="list-style-type: none"> Help Build It 	People from all over the world, such as Ecuador, Kyrgyzstan, Philippines, Tanzania, Mississippi, are building homes for Habitat. Come join us and help build it.
Peace Corps	<ul style="list-style-type: none"> What Will You Do 	What is it like when you hear your calling? Will you remember where you were? Ignore it? Or Listen? What if it calls you to go half way around the world to share your skills and serve people you've never met? What if this is your calling? Peace Corps. Life is calling. How far will you go?
WSAB/Army National Guard (!)	<ul style="list-style-type: none"> Parents Combo 	Parents are proud of what the National Guard has done for their kids: given them confidence and taught them new skills.
WSAB/Army National Guard (!)	<ul style="list-style-type: none"> Reflection of Honor 	Joining the National Guard is more than money for college. It builds character and gives you a sense of accomplishment. The National Guard opens doors and will put you on a career path and give you a whole new outlook on life. Country, community, family, that's what matters most.
WSAB/US Coast Guard (!)	<ul style="list-style-type: none"> Shield of Freedom 	We are defenders of the homeland, we are the shield of freedom. We are

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		the United States Coast Guard. Join the Coast Guard or Coast Guard reserve.
Paralyzed Veterans of America	<ul style="list-style-type: none"> Care Giver 	After 26 years in the military, James suffered a paralyzing injury that changed not only his life, but his wife's too. Her role as a caregiver is 24/7 with no breaks. PVA has been fighting to make sure our veterans get all the benefits they deserve. Help us help America's veterans.
Volunteers of America	<ul style="list-style-type: none"> Help Wanted 	There are people wanting to be helped. While you may not see them or the signs, we do. Our specialty is helping those who need it the most. See how we're helping in your community.